

NATHAN BEARD VENTURES - WILD VENTURES - DAY KIT LIST

REQUIRED EQUIPMENT

OPTIONAL EQUIPMENT

PLEASE NOTE: There is no obligation to use any particular brand or model, simply to ensure that the items you choose for 'required equipment' are fit for purpose. Feel free to contact me if you would like any advice or recommendations.

ITEM	DESCRIPTION	QTY
DOCUMENTS		
Directions/ Map	<i>In Joining Email</i>	1 / Car
Kit List	<i>In Joining Email</i>	1 each

FOOD / PREPARATION		
Knife/Fork/Spoon	Metal or Plastic	1 each
Plate / Bowl	Metal or Plastic	1 each
Snacks		
Beverages		
Thermos		

HYDRATION		
Water Bottle 1ltr	Metal or Plastic Drinking Bottle with screw cap	1 each
Mug	Metal or Plastic	1 each

PORTAGE/PACKS		
Rucksack approx 35-45ltr	With hip belt	1 each
Dry Bags	Garden refuse sacks / Rubble sacks	1 each

HYGIENE/HEALTH		
Sun Tan Lotion - in hotter months		1 each
Insect Repellant		1 each
Wipes	Wet Wipes or similar	1 each
Antibacterial Dry Handwash	Alcohol Gel Type	1 each
Any Personal Medications Required		1 each
Toiletries		1 each
Earplugs		1 each

ADDITIONAL KIT		
PERSONAL		
Torch / Headtorch	LED Torches are ideal	1 each
Spare Batteries	Suitable for torch / headtorch	
First Aid Kit	Basic Personal Kit	1 each
Whistle		1 each
Binoculars		
Notebook / Pencil		

CLOTHING/FOOTWEAR		
Trousers	Quick drying [not denim jeans]	1 each
Warm Jumper	Woolen or Fleece	1 each
Base layer	Ideally wicking [non cotton]	2 each
Fleece Jumper / Jacket	Woolen or Fleece	1 each
Socks	Ideally woollen [non cotton]	2 each
Waterproof Jacket	With a hood	1 each
Scarf - in cooler months	Ideally woollen or fleece [non cotton]	1 each
Gloves - in cooler months	Woollen or Fleece	1 each
Woolly or Fleece Hat - in cooler months	Woollen or Fleece	1 each
Hiking Boots	Waterproof	1 each
Sun Hat	Ideally wide brim	1 each